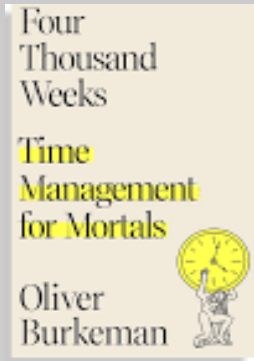


Small Steps Lead to Big Results: Ways to Protect your Health, Energy, and Well-Being

Hillary Bashaw, MD, MS, FAAP

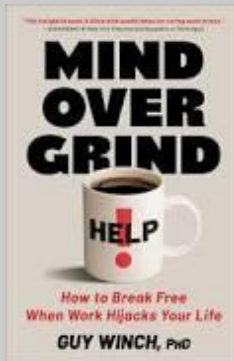
Goals for Today

← TAKEAWAYS!!!



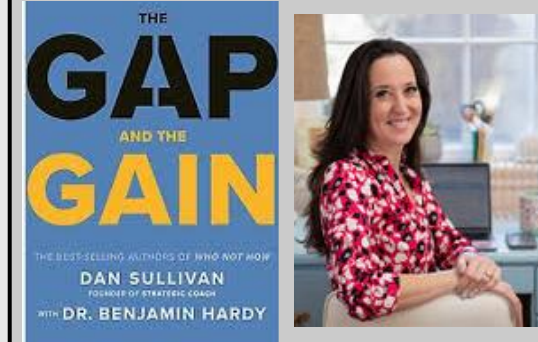
Time

Think about your time differently



Tasks

Control your tasks – don't let them control you



Attitude

Change your mindset to reset your mind

Who Am I To Tell You This

- Pediatric Gastroenterologist
 - Clinic
 - Procedures
- Fellowship Program Director
 - Create curriculum, give feedback
 - Coach trainees and faculty
- Medical Director for 2 Programs
 - Set goals and directions
 - Lead a team
- Cat mom
- Aunt to 4 awesome kids (Ohio)
- Life-Long Learner
- Recovering Perfectionist
- Climbing back from Burnout

Personal Journey to Burnout...

Fall 2019
First Job
New City



March 2020
2 Weeks to
Flatten the Curve

Summer 2020
Pandemic
Continues...



Fall/Winter 2020
Missing Family
Missing Holidays

2021 – 2022
Delta, Omicron
New Normal



Fall/Winter 2022
Lost:
- Mentor to Pancreatic Cancer
- Good friend to Suicide
- Cat to cancer
- Patients, Partners

Working back to Wellness...

Spring 2022

Band-aid
Burnout



2023

Boundaries



2024

Changed jobs



2025

West Coast Lifestyle
Take Yourself with You



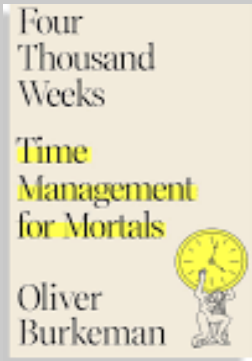
Future Me

Fall 2022

Found Coaching



Outline



Time

Think about your time differently



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Four Thousand Weeks

Four
Thousand
Weeks

Time
Management
for Mortals

Oliver
Burkeman



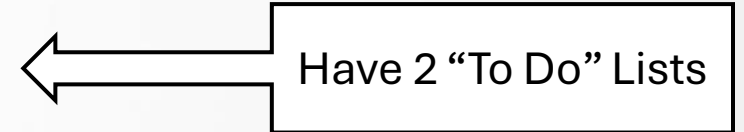
- Life is short – what are you going to do with your time?

- You can't get everything done

- Choose what to neglect

- Throw out "inbox zero"

- Choose what to do



- Focus on deeper intentions and what truly matters in the time you have.

Mind Over Grind

MIND OVER GRIND



*How to Break Free
When Work Hijacks Your Life*

GUY WINCH, PhD

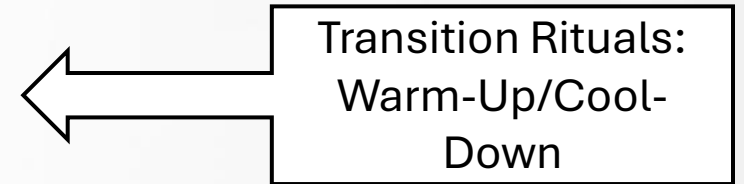
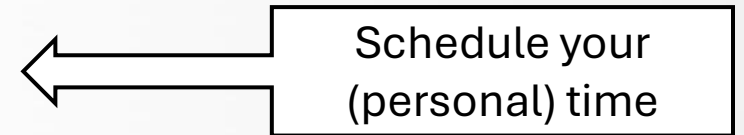
- Work-Life Balance → Work-Life Harmony

- Boundaries are key

- Define your time

- Claim your time

- Personal time is necessary



- Focus on ALL parts of your work – there is a mix of stress and ease, pleasant and unpleasant things

Goals for Today



Time

Think about your time differently



Tasks

Control your tasks – don't let them control you



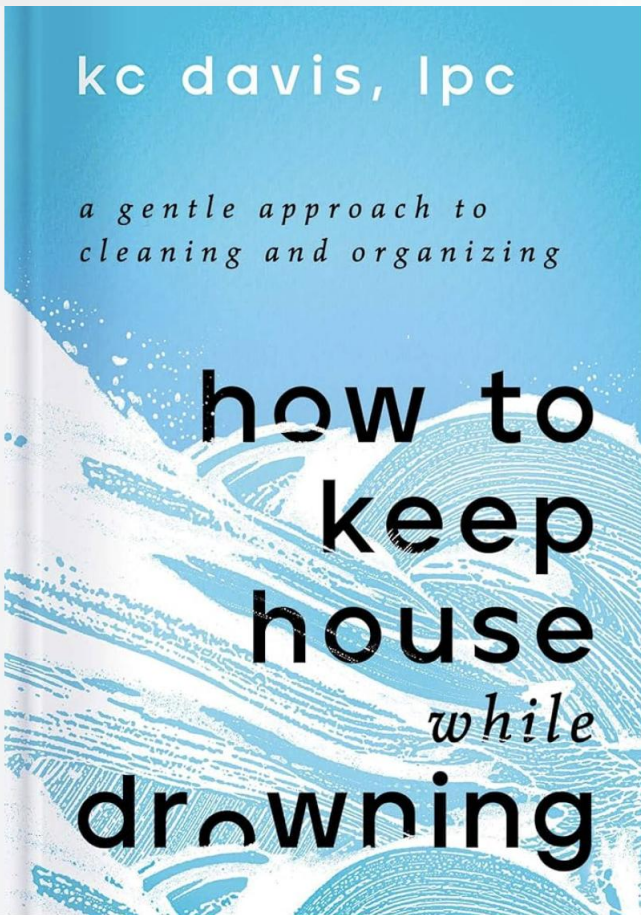
Attitude

Change your mindset to reset your mind

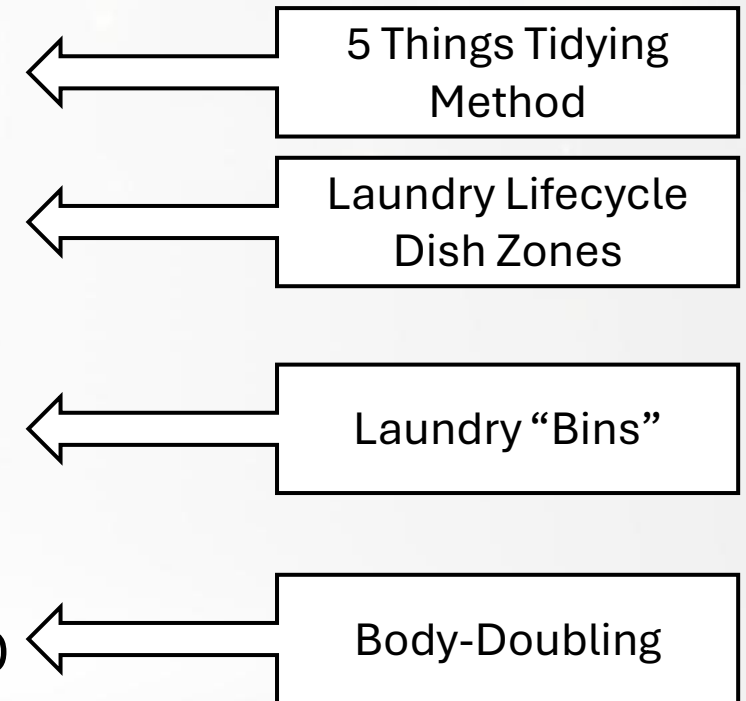
Stretch Break!



How to Keep House While Drowning



- Care tasks are morally neutral
- Break tasks into reasonable steps
 - Do what NEEDS to be done
- Modify the task, not yourself
- Be kind to yourself and ask for help



Goals for Today

Time

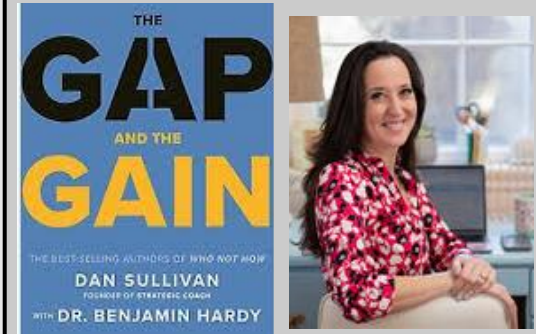
Think about your time differently

Tasks

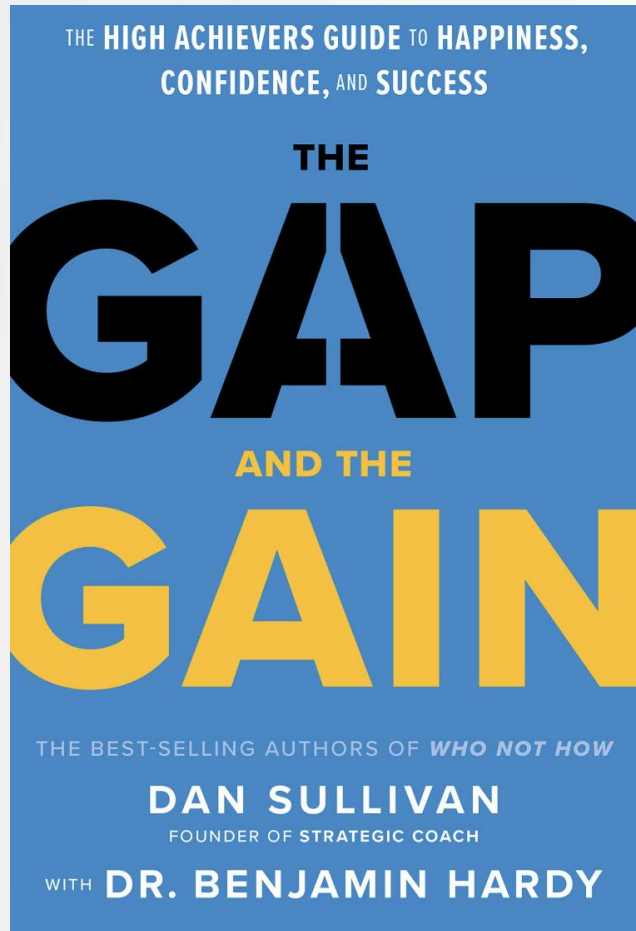
Control your tasks – don't let them control you

Attitude

Change your mindset to reset your mind

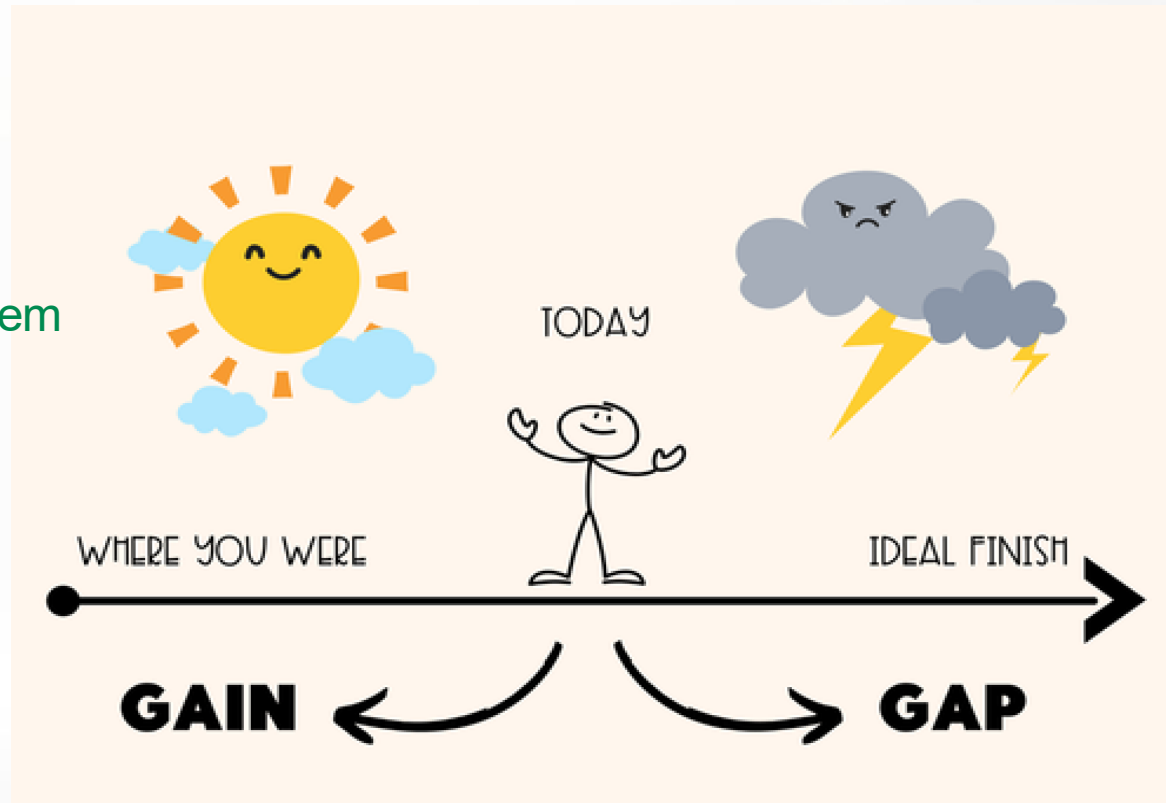


The Gap and the Gain



- Focus on Progress rather than the Distance to the goal

Success
Satisfaction
Confidence
High Self-Esteem
Enjoyment
Optimism



Failure
Frustration
Disappointment
Low Self-Esteem
Guilt
Depression

Karen Leitner, MD



- Be who you are, show up how you can
- Nothing is all good or all bad
- B-minus work is work that is done
- Feel your feelings



See the Other Side



Don't wait for
"perfection" to start

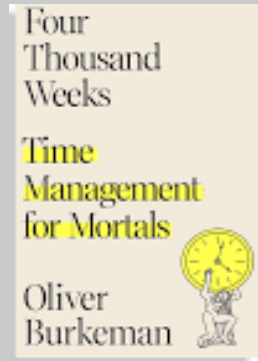
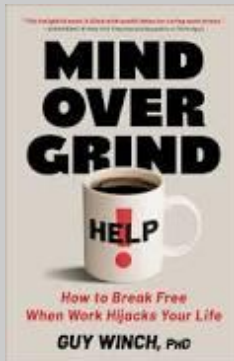


Name Your
Emotions



Avoid
Procrastiworking

Goals for Today



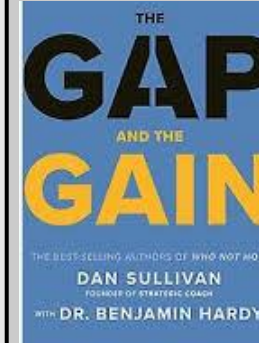
Time

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Attitude

Change your mindset to reset your mind

KC Davis

TED Talk



5 Things Cleaning Method



I Get By With a Little Help from my Friends

- Amy – Set-Up Sunday
- Amanda – Daily “To Do” List → Daily “Must Do” List
- Kim – “I don’t have the bandwidth for that right now”
- Henry – Work how it works best for you
- Giggly Squad – “That’s none of my business”
- Mel Robbins – Let Them.